

Usukure ifunguro ryawe

Impanuro 10 ingorane z'indwara zituruka mundya

Igice c'ingirakamaro c'ugufungura ifunguro ryiza n'ukubika indya neza. Abantu bonyene mumazu yabo barashobora kugabanya gufatwa n'indwara hama bakabika indya neza bafungura bakurikije izi mpanuro z'isuku y' indya. Amahame ane makuru makuru yo gusukura indya dukora twese hamwe kugira tugabanye ingaruka z'indwara zituruka mundya—**Gusukura, Gutandukanya, Guteka no Gukanyisha.**

SUKURA

1 Karaba intoke n'isabune n'amazi

Suka amazi meza atemba kuntoke zawe kandi ukoreshhe isabune. Karabisha amazi ashushe nimba ahari. Karaba amaboko yombi hamwe kugira agire urufuro kandi ukarabe ahantu hose mumaboko mukiringo c'amasegonda 20. Hanagura intoke zose hama uzumutse ukoreshheje isume zo guhanagura intoke. Nimba bishoboka, koresha ibitambara b'ihanagura intoke.

2 Ugusukura urugo

Urugo rugomba gusukurwa n'amazi ashushe, amazi y'isabune. Ikiyiko 1 c'isabune y'amazi ya chlorine itamota kw'ijerekani y'amazi ishobora gukoreshwa gusukura urugo.

3 Sukura neza indya zakanyishijwe rimwe mundwi

Nimiburiburi rimwe mundwi, ukuremo indya zikanyishije zidategerejwe namba gufungurwa. Indya zitetse zasigaye zitegerezwa kujugunyuha haheze iminsi 4; inkoko n'inyama, umunsi 1 kuri 2.

4 Bika ibikoresho bisukuye

Sukura imbere n'inyuma y'ibikoresho. Raba neza ikintu cose hama utorere inyishu ahoba mbere handuye.



5 Sukura ivyo wimbuye

Sukura imboga usaruye n'ivyamwa okoresheje amazi meza imbere y'ugufungura, uzikata canke uziteka. Nubwo ufise umugambi w'ukubiharura canke kubikata imbere yo kubifungura, n'ingirakamaro ko ubisukura uwambere kugira uzibire mikorobe tuva hanse tukaja imbere y'ivyo wimbuye.

TANDUKANYA

6 Tandukanya indya uriko urasuma

Shira indya mbisi ziva mumazi, inyama, hama inkoko mugikapo ca plasitike. Zibike munsi muri firigo yawe imbere yuko zishika igihe co gufungurwa.

7 Tandukanya indya uriko urateka no kuzitanga

Igihe cose uze ukoreshhe ico ukatirako ivyo uteka gisukuye hama utandukanye indya ziva mumazi, inyama, n'inkoko. Ntuzigere ushira indya zitestre inyuma kw'isahani imwe canke ico ukatirako cakoreshejweko izindi ndya mbisi.



TEKA HAMA UKANYISHE

8 Koresha ikiringo c'ubushuhe bw'indya urateka

Igipimo c'ubushuhe c'indya gitiegerezwa gukoreshwa kwemeza ko indya zatetswe neza kandi ko indya zatetswe zubitswe mukiringo c'ubushuhe bwiza gushika z'ifunguwe.

9 Teka indya mukiringo c'ubushuhe bw'imbere bwiza

Uburyo bummwe bukomeye bwo kwirinda indwara ni ukuraba ikiringo c'ubushuhe bw'imbere bw'indya ziva mumazi, inyama, inkoko, isahani y'amagi. Teka inyama z'inka mbisi, ingurube, intama, n'inyama idafise igufa, zitemye kandi zokeje mukiringo c'ubushuhe bungana na 145 °F. Kw'isuku n'uguteka neza, biterera kubika inyama igihe c'iminota 3 imbere yo kuzikata canke kuzifungura. Teka inyama mbisi zinka, zumutse, ingurube, intama, inyama yoroshe, bisaba ubushuhe bw'imbere bungana na 160 °F. Teka ibiguruka, harimo dendo itaze, n'inkoko, n'ikiringo c'ubushuhe bw'imbere bungana na 165°F (www.isitdoneyet.gov).

10 Bika indya mubushuhe bukwiye

Bika indya zikanye kuri 40 °F canke no munsi. Bika indya zishushe kuri 140 °F canke kuduga. Indya ntabwo ari vyiza kuzifungura zamaze kuba mukibanza kibi hagati ya 40-140 °F y'ubushuhe amasaha arenga 2 (isaha 1 nimba ubushuhe bwari hejuru ya 90°F).